



VOICE OF THE RESIDENTS

Vol. IX, No. 9

Cockeysville, Md.

May 1988

May

MAYbe you have already heard enough about May in these pages but just as a reminder "May Is Older Americans' Month" and if you have any doubts see the back of the last Social Security check envelope. So hats off to all of us!

Mothers' Day is slated for Sunday, the 8th of the month, and Memorial Day is to be observed on the 30th. A few Residents will probably display flags as a reminder to the forgetful.

April showers brought, as predicted, the usual May flowers although the flowering trees were at their peak in April. The Spring Peepers were also sounding off last month.

If you have not already done so, May is a wonderful month in which to volunteer for something here at Broadmead. The other eleven months are also pretty good, too.

One of our strongest memories of MAY is being drilled in the distinctions between MAY and CAN and MAY, SHALL and WILL. Should you have lacked this special dispensation of the grammarians do not come to the VOICE - there are many former school teachers about these premises better equipped to enlighten you. But be careful, you MAY get more than you CAN take!

GREENHOUSE

Thank you all for taking care of your plants through the winter.

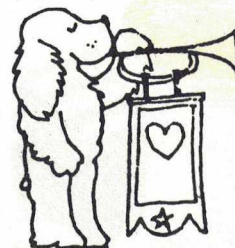
The Greenhouse has never looked better.

Now is the time for them to return home!

As there is no shade in the Greenhouse and the summer heat is extreme we will be closing it for a complete cleaning. PLEASE REMOVE ALL PLANTS BY MAY 17, 1988.

June Kerr

One must watch one's language around here but perhaps not too much offense will be taken if we mention the lecture/slide presentation given at the April meeting at the Oregon Nature Center. The ultra-sensitive should read no further for the lecture title was "Sexual Selection by the Spring Peeper: It Costs to Call, but it pays to Advertise."



MENCKEN

On March 27th, Residents heard an interesting, informative and charming panel discussion consisting of a book review of the recently published "Menchen and Sara." The panelists were Mary Backer Smith, Lucretia Shroat, Jean Moser and Martha Gross.

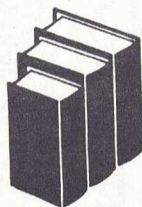
As a brief further commentary here is an excerpt from the "Staff Reporter of the Enoch Pratt Free Library." It quotes an article by Carl Boden called "The Editor, The Bluenose, and the Prostitute."

"In April, 1926, Henry Louis Menchen, Evening Sun columnist, author, and editor of the American Mercury, was arrested on Boston Common for selling 'pornography.' On Saturday, April 23, at 2:30 P.M., more than sixty years later, the Pratt Library will celebrate the publication of "The Editor, the Bluenose, and the Prostitute," Mr. Menchen's personal account of the events that led to and followed his arrest and trial.

"The offending literature was in the form of a short story, 'Hatrack' (the nickname of a small-town prostitute), written by Herbert Asbury and published in the April, 1926, issue of the Mercury. The person most offended by it was one J. Franklin Chase, Secretary of the New England Watch and Ward Society, which Menchen described as 'a moral alliance between the primeval Puritan of Boston and the interloping Irish Catholics.'"

My college in 1929 would not allow the American Mercury in its building. Boston was not the only non-liberal part of Massachusetts.

Ed.

NATURE TRAIL COMES ALIVE

As spring delicately touches the winter-weary land, daffodil and wildflower blooms gladden the heart and renew the spirit. Perhaps these early blossoms are nature's proud way of announcing the coming of spring.

For those who may plan to walk on the Nature Trail in the days ahead, they will find there will be lots to see! Maybe you saw the poster June Kerr made that was on the bulletin board; it pointed up many things to interest you.

On the south-facing hillside, sheltered in part by the woods of the Nature Trail, hybrid Pink Roseum rhododendrons have been added to the existing ones, and several native rhododendrons have been planted beyond in a wooded area - all a lovely gift given to us from one of our Residents.

Three Redbud trees, also gifts from Residents, will be seen to an advantage along the rim of the hillside.

As is often Mother Nature's way, fallen trees, rotting logs, ancient stumps add to the naturalistic appearance of the trail.

Those who already have been walking along the path have enjoyed the daffodils and early wildflowers.

The Summer House always offers walkers welcome respite - a place to sit with a friend, brightened by many native plants.

Along the upper path two benches will be available for those who wish to stop and rest and take in the beauty of the woods.

Another bench may be found near the entrance for those who prefer to linger and enjoy the beauty there.

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As we look ahead to spring and summer, we hope for many good rains to water our plants and new trees.

Our watering crew will be alert to fill in the gaps and to assure us that "all will be well" even if the rains fail us at times. Without these Residents our Nature Trail would suffer. We are ever grateful to them.

Margaret Wills

IMPORTANT REMINDER

See bulletin board for bird and wildflower walk schedules and information.

May bird walks start at
8:00 A.M.

Migration reaches crescendo during the first two weeks of May.

Nancy Rowe, A-3
666-1938

Continuing a family tradition, Tom Speers was ordained at Saugutuck Presbyterian Church in New Canaan, Conn. in March 1988. Tom is the grandson of former and beloved Resident, Guthrie Speers.

IN MEMORIAM

Dorothy J. Browne
January 9, 1900 March 29, 1988

Elizabeth S. Bailey
June 29, 1907 April 3, 1988

William Hugh Bagby
March 5, 1896 April 22, 1988

Anne W. Niles
January 1, 1902 April 22, 1988

COLORFUL GIFTS

Spring beauty has been welcomed at Broadmead through the beauty of daffodils and jonquils from the gardens of Osra and Whiting. Their blossoms have been arranged by members of the Flower Committee and by individuals who carried them home from the bucket placed on the Reception Desk. WAS FUN!!!! The Flower Committee also arranged carnations and roses sent to our Community by Hochstedt Florist. Everyone appreciated these lovely blossoms and says "MANY THANKS" to the Farinholts and Hochstedt Florists.

Mary Louise Hibline

Peggy Fulford showed us a letter from a reader which appeared in The New York Times for February 29th. One lady, aged 85, found that life was very sad for women living in a "retirement" community stating that she would "continue fending with the gardener cussing out the garbage collectors and hating everything and everyone connected with taxation of any kind for in that way I won't be a rueful pussycat herded into an old age home, but will end up fighting to the finish."

Too bad she did not know of Broadmead and places like us where she could get her pleasures out of a constructive existence rather than living to "fend" with others - but then, if she were here she might find her enjoyment a constant complaint.

Clarence I. Adams
February 11, 1901 April 23, 1988

Isabelle Taylor
October 3, 1902 April 24, 1988

THE OUCH LADY

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Nancy Swierk - Nancy of Physical Therapy - specializes in ouches. When you have a really nasty ouch that won't go away, you may be sent to Nancy for "the business". No matter where you hurt, she will give you the works, which usually means plenty of O-U-C-Hes before she is through. Pay no attention to her simulated glee when she says she loves to torture people; that's nothing but a sham. By the time Nancy is through with you, you may have only a little "ow" left. All of which means that Nancy knows her business.

Nancy said that she always enjoyed health care but didn't want the long haul of becoming a doctor. When she looked into other possibilities she found that in physical therapy you could work directly with people to help them and would not be telling others what to do to help. She attended Ithaca College in New York State where there is a strong program in physical therapy and drama and music. She spent three years at Ithaca and her fourth year at Albert Einstein School of Medicine in the Bronx. Einstein has a network of excellent affiliations for training students, and Nancy was introduced to the real world in a hurry.

One of her affiliations - her first full-time one - was Sinai Hospital in Baltimore. There she rotated through every department of therapy, an excellent way to find out what she liked best. She became a team leader in the rehabilitation center where acute cases were treated. After being introduced to all aspects of physical therapy, she decided that she liked geriatric therapy best.

She came to us at the time when hospital stays began to be shorter and shorter. Nancy found it very frustrating to have patients discharged when they still needed therapy, with no way of following

up with them. At this point Broadmead's need for a therapist opened up, (actually as an employee of Sinai Rehabilitation, Inc.) - to her great satisfaction and ours.

Nancy likes the variety we provide for her. Trust us to come up with something different as often as possible. She likes the good follow-up care patients get on Hallowell much better than in a hospital.

In her off time Nancy is a volunteer every other weekend at the Vietnam Memorial in Washington. Even after five years there she admits that it is still an emotional experience, and now and then she has to get away from it for a time. Volunteers help the hundreds who come to find the names of their family members and loved ones; they help visitors make rubbings and lend a shoulder when it is needed. This memorial is unique, for it honors all who served by honoring the 58,156 who died; it does not glorify fighting men.

In between Vietnam weekends and at other times Nancy is a "Turtle Watcher." The Chesapeake Audubon Society is doing research on bog turtles, endangered because of the great amount of development in Baltimore County. The researchers slosh around in the bog to locate the turtles that have been marked with beepers to find out how far they have moved through the mud since they were last located. Nancy carries the transmitter and tells others where to dig to locate one of the little guys. The researchers are trying to learn how large an area the turtles need to survive.

Nancy loves the out-of-doors, sports, living with her cat, Simba, and, most of all, helping people. Anyone who has been through her workouts is a firm fan.

Helen Criley

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BROADMEAD WELCOMES

EMILEE McARTHUR M-11 628-2555

Emilee was born in Greenville, North Carolina and earned a B.A. degree at East Carolina University in that town and a B.S. degree at the University of Tennessee in Knoxville. She also attended summer sessions at Western Maryland College during her life-long career as a teacher of language arts - first in North Carolina then Virginia, Delaware and, finally, Maryland, where she taught in Charles and Anne Arundel counties for many years. She was able to travel during summer vacations and enjoyed many trips to Europe, one of which was aboard the Queen Elizabeth I. Her hobbies include her love of all the arts - music, dancing, theatre, and her love of reading, particularly non-fiction. She also mentions "people contacts" as a favorite interest.

HENRY (Henny) and ANN BEELER B-11
667-6330

In this year of Olympic interest, it's a pleasure to have another medalist join Lorne Guild as a Resident at Broadmead. Henry Beeler and Lorne were members of the winning Olympic Lacrosse Team from Hopkins in Los Angeles in 1932. Very belated congratulations to both our winners! Henry and Ann moved in March from their Baltimore home. Both are natives and have two daughters and two grandchildren living in the area. Henry is a Hopkins graduate and Ann joins the large contingent of "Goucher girls." He served as a Lieutenant in the Navy during World War II and then was in sales in Baltimore for many years, and Ann taught at Friends School before raising a family and becoming a full-time volunteer. She has been active at G.B.M.C. as a dependable worker. Henry plays golf and Ann plays bridge but both say they came to Broadmead to become "professional loafers."



EDITH WHITEFORD (Dee) L-8 667-6619

Dee Whiteford is no stranger at Broadmead having come here from her long-time home in Ruxton. She is one of a pair of identical twins who even at an age that qualifies them for Broadmead still look remarkably alike. Dee was born in Illinois but moved often as a child with her family (her father was an Army doctor) until she entered the University of Maryland. It was there that she met her late husband, Roger, who was well known in Baltimore as the Colonel of the 5th Regiment of the 29th Division of the Maryland National Guard. After college Dee taught science at Garrison Forest School before becoming Director of Education at the Maryland Academy of Sciences. Upon retirement from this job, she was asked to continue as Co-ordinator of the Round-The-World-Adventure series at the Lyric, and while serving there she led many travel groups both in the U.S. and Europe. It was here that she met many Broadmead Residents. She has two children living in the Baltimore area and 5 grandchildren and 1 great-grandchild. She has been an active leader in Baltimore serving as Chairman of the Flower Mart, a member of the Hamilton St. Club, and the Roslyn Garden Club. Her interests include gardening and, of course, travel.

ALICE PICKETT P-11 666-2516

Alice moved her furniture to Broadmead in March but remained in her BelAir home until its sale was completed. She is an Illinois native, lived in Wisconsin, and attended the University of Arizona, but has spent 40 years in Maryland so we shall call her a local. Her late husband was a Martin employee and their two children, a son and a daughter were raised in this area. Her daughter and two grandsons live in Riderwood, and her son and two more grandsons in BelAir.

Alice has worked as an administrative secretary but mentions

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one of her most interesting jobs that of assistant manager of a radio station in Harford County. She was responsible for planning, programming, and production and enjoyed all. She was a Red Cross volunteer for 20 years and has been active in the Harford County League of Women Voters and the Women's International League for Peace and Freedom. She loves to travel but is somewhat grounded by her large black dog, Blackie.

Betsy Griffin

Apartment Changes

Emily Waldo	T-311	to	H-266
Dorothy Payne	T-302	to	H-252
Gladys Jones	R-4	to	H-211
Marion Galleher	G-4	to	T-311

DO YOU KNOW THE BROADMEAD LIBRARY?

Old Residents may have forgotten, and new Residents may not be aware, that the materials of the Broadmead Library are located in three different places.

In the main library off the lounge are our major collections and the catalog of our holdings. Become acquainted with our rich resources. To take out books just sign your name with date and apartment number on the charge card, and leave the card in the box at the desk. Papers and current periodicals are just outside the entrance to the library. Please do not remove these from the main lounge; read them there.

The library has an extensive collection of paperbacks. These volumes are shelved in the lower lounge. You may take these out and read them at your leisure. You need not sign for these volumes. Return them to the bottom shelf, not to their places in the shelves. Paperbacks you wish to dispose of may also be left on the bottom shelf, or on the library desk in the upper lounge.

Do get acquainted with our library holdings located in the Seminar Room on the lower level. Meetings are not scheduled in that room in the morning. It is a wonderful place to read and browse in those hours.

Located in the Seminar Room are our oversize books and back files of many periodicals. Financial materials including Barron's and Value Line are also kept in the Seminar Room. We have in the filing cases there a map collection, opera librettos, and the Minutes and Reports of the Residents Association.

You may take books and back periodicals out of the Seminar Room. Just sign the charge card for books, or sign a slip noting the issue of the periodical, and drop into the box provided for that purpose. Please return all of these to the regular library desk off the main lounge.

Ken Walker, Chairman
Library Committee

SHAD ! !

When spring comes, shad is often on the menu at Broadmead. This is the only time of year - April and May - when the big fish come lumbering up from the sea to the Indian named estuaries of the Chesapeake. They return to the place of their birth to spawn in a mysterious process that occurs every year at approximately the same time.

On the West Coast the salmon are expected at the same season, and salmon fishing is at its height as these fish return. For both fish, the roe is more valued than the fish itself, but though shad is often considered as a "trash fish," and discarded, the shad roe, priced this year at almost \$10 a set, is a gastronomic treat indeed.

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Salmon on the other hand is prized almost as highly as a fish as it is with the roe, a substitute for caviar which is the roe of the sturgeon.

Shad may appear as the fish of the day at Broadmead, but Residents who want shad roe seek it out at a seafood restaurant or buy and cook it. The correct point in time is mid-season when the membrane that holds the tiny eggs is still firm. Careful handling is required, and the old fashioned way of preparing the shad roe is usually the best though many cooks experiment. Fry bacon strips, crisp, then cook in the floured shad roe, salted lightly. Either cover the pan with foil or pay careful attention lest it spat- ters. The roe must be cooked gently. Some cooks prefer broiling it in butter.

When the earliest settlers first sailed into the rivers that feed the Chesapeake in that May long ago, the shad were running. They reported seeing fish actually leaping into their frying pans and woods flowering white with dogwood and what we call the shad bush

that blooms at the same season the shad return. They watched the Indians as they cooked the shad, a method known as "planking" it. This is still one of the spring activities of the clubs along the Chicahominy, and the method has changed very little over the years. The fish is split in serving sized pieces, filleted as much as possible. Then it is pinned to the boards or bark of trees heavy enough to withstand long cooking. The boards are propped up beside the coals of the open fires and cooked several hours, basted all the time with sauce usually a blend secret to the chef.

Indian cooks on the Mahaponi are often chefs for these occasions and recipes for the sauce used for jasting are almost top secrets, handed down from generation to generation. A reasonable facsimile can be made with herbs and lemon juice and butter - very little -

as the shad is an oily fish. The roe is cooked separately.

Long, slow cooking also applies to baking the shad at home in the oven. Because shad has so many tiny bones long cooking will dissolve these and eating is more pleasant. A temperature of 225° for about four hours is required. The objection to this method is that the long cooking softens the texture of the fish which is objectionable to many who enjoy it bones and all.

We know the shad is a deep sea fish because of these tiny bones. When shad is in the briny deep, the pressure of the waters makes a need for some protection. This is provided by the shelter of tiny bones that inflate to form a skeleton around the fish itself.

Shad is a seasonable treat - enjoy it.

Bon Appetit!

Mildred Williams

PINKNER'S

At the northwest corner of York and Shawan Roads is an old gray wooden building now empty but adorned still with half a red canoe as a reminder of the last tenant. Several requests for rezoning in this area have been filed all of which, if approved, would add greater commercial and industrial growth plus, of course, an increase in traffic.

The store which was last used for the sale of camping, boating and other outdoor equipment has had at least two other existences. Real old-timers recall that it was once "Wright and Hyland's," a true country store of the nostalgic sort but also known for the fact that Frank L. Wright carried his own rye whiskey which was distilled in Cockeysville under the name of Sherwood Rye.

Later on the building was

known as "Pinkner's Department Store" lasting for about fifty years until it went out of business in 1975 and the contents were auctioned off. It would appear that in its heyday this store sold almost everything a country dweller could possibly need or crave - meats and groceries, galoshes and shoes, overalls and nurses' uniforms, ladders and brooms, window glass and hardware plus clothing for girls, boys, men and women. Pinkner's had it!! After all, Towson was miles away and Baltimore almost in another country.

In the 1940's business declined. Automobiles made Towson and the City seem much closer and country folk had become much more sophisticated and wanted more than one small store could offer. Further, the large supermarkets could sell at prices often less than the wholesale rates at which the small store could buy.

Ladies from Lutherville often came to Pinkner's for clothing. The shop was nothing to look at as its best days were long gone. Clothing occupied about half of the first floor and there was nothing of the elegance of Talbot's or the Wardrobe. The single dressing room was about the size of a small shower stall with linoleum on the floor so worn that the bare wood beneath showed through in places. For privacy there was a somewhat bedraggled cretonne curtain hung from a rod across the opening. But people came there because Mrs. Pinkner had good taste in her selections plus what department stores lacked - whatever dress was chosen one could be sure that no one else would have a duplicate.

Across the road, and just a bit further toward Towson was the Pinkner residence. It was a stone house covered with stucco and with slender iron pillars supporting the porch roof. It is gone now and currently replaced with shifting mounds of dirt. The contents were sold at auction and some idea of what was there can be gathered from this reproduction of the ad which appeared in the Sunday Sun for April 6, 1975:

ATTORNEY'S SALE
ANTIQUES & HOUSEHOLD AUCTION
CHINA, PAINTINGS, SILVER, GLASSWARE, FIGURINES.
BRASS FURNITURE, TOOLS & TRACTOR
 AUCTION WITHIN THE
PINKNER RESIDENCE
 YORK RD.
 SHAWAN & YORK RDS., COCKEYSVILLE

SAT., APRIL 12, 10:30 A.M.
 FEATURING: ORMOLU DEC. FRENCH CURIO CABINET,
 Mirrored What-not curio cabinet, carved oriental stand, Vict. Chairs, Onyx Pedestal, 4-Tier Mhg. Table, 1920's Brass Plated Fireside Bench, Sm. Serpentine-Front Repro. Secretary, Rd. Mhg. Stand, Mhg. Drum Table, Windsor Arm Chair & Settee, 5 Tier Vict. What-not, 7 Pc. Maple Bedrm. Set w/Bkcase Headbs, 5 Pc. Bedrm. Set, Iron Porch Bench, Mhg. Leaf-Carved Card Table, 2 Oval Eagle Top Mirrors, Lg. Oval Gift Mirror, Fruitwood Arm Chair, Set 6 High Back Head Carved Vict. Chairs Incl. 2 Arm Chairs, Wicker Stand, Ornately Carved Vict. Mirrored Back Marble Top Sideboard, Antique Tea Bin, Bar.

LG. SET IVY DECORATED CHINA DINNER SET, IMARI BOWL, Satsuma Vase, Pattern Glass, Pr. Bisque Boy & Girl Figurines, Pitchers & Bowls, Imperial Austrian China Lg. Sugar Bowl or Cookie Jar, Misc. China & Glass, Decanter Tantalus, Etc.

LG. VICT. PLATED TILTING PITCHER, TILTING PLATED KETTLE ON STAND, 8 Bottle Castor Set, Pltd. Butter Dish, Pltd. Figure, Bronze Horae, Plated Pickle Holder, Pltd Pitchers, Bronze Vase-like Gondola & Gondolier, Pr. Brass Haba Vases, Copper Coffee Set, Lg. Pr. Military Metal Figures, Pr. China & Metal Haba Vases, Misc. Miniature Figurines, Lg. 8-11 Glazed Crook, 2 Lite Brass Student Lamp, Lg. Metal Navel Post Figure, 2 Sets Brass Fireplace Pictures, Dog Door Stop, Brass Planter, Wood Carved Camel, Fox Dog Scale, Etc.

OIL PTS.—ON PANEL—KNIGHTS ON HORSEBACK
 Signed & Dated "C. Deble 1892", Still Life Skull & Medical Books, signed Wm. Weaver, 1888, Several Modern Abstract Pts., Military Engravings, Ayal Haig Etchings, Lg. Colored Engraving "Fox Hunting—The find" by Herring (engr. by W. Hutton), Etc.

FERGUSON TRACTOR W/LG. MODEL M-5 GRASS CUTTER (5 foot)
 Black & Decker 18" Elec. Lawn Mower, Girls Bikes, 3 Air Conditioners (Philco, Fadder, Etc.), Various House Fans, Early Wood Airplane Propell, Several Prismatic Chandeliers, Pr. Foils, Hi-Fi, Quantity Old Records & Albums, 9x12 Domestic Rugs, 16mm Projector & Screen, Clothing & Luggage, Lg. Quantity Books, Etc.

EXHIBITION—SAT. 9 A.M. to time of Auction.
 Terms: Cash. Immediate Removal. Phone 728-7040.

HARRIS AUCTION GALLERIES, INC.

A BISHOP VISITS

The Rt. Rev. Barry Valentine, assistant bishop of the Episcopal Diocese of Maryland, spent most of one day at Broadmead last month (April 12). After lunch in the Main Dining Room, he visited Residents on Taylor and Hallowell Halls in the company of the Rev. Anthony L. W. Hollis, rector of nearby Sherwood Church.

The Bishop also made a tour of the Broadmead campus and saw some of the apartments.

Host to Bishop Valentine, while he was here, were Agnes Levy and Jim Fleming.

G. James Fleming



THE ROSE MEDALLION PATTERN IN CHINA TRADE PORCELAIN

The current display in the William Muth Memorial Case is the China Trade Porcelain known as Rose Medallion.

It is a multi-color enamel over-glaze of birds, butterflies and Chinese figures arranged usually in four panels around a central medallion. The area between the panels is filled with rose colored tree peonies and green tendrils on a gold ground. Some of the best pieces have the hair of the human figures picked out in gold.

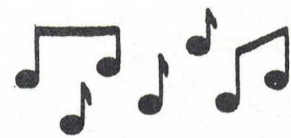
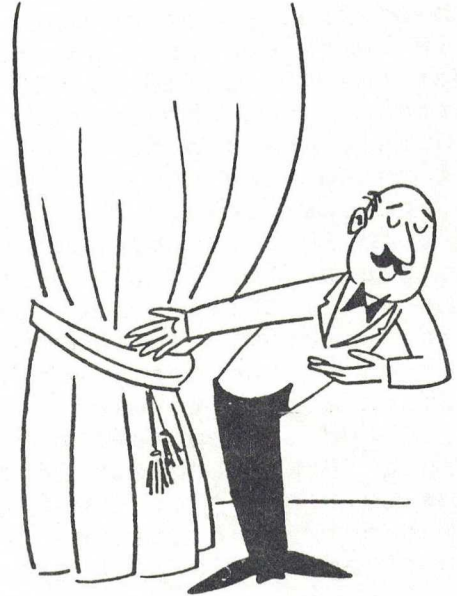
As with the Canton Pattern, previously exhibited here, the Rose Medallion pattern was made in China exclusively for export. Very large quantities arrived in this country, much of it through the Port of Baltimore. It is generally not as finely drawn or colored as the domestic Chinese porcelain or those sets or pieces made for special order. Some of the huge quantity exported came as ballast, as did the Canton China, in cargo ships. The height of the trade in the Rose Medallion pattern was in the middle and last half of the 19th century. It is difficult to date exactly because it is not dated in the pattern nor do many documents survive concerning the date of purchase. In this exhibit, however, is a plate made for the Persian market and that has, in the center medallion, an excerpt from the Koran and the date, all in Arabic. The design of this plate differs from the usual Rose Medallion. Instead of the four panels, it is decorated with just the Rose Medallion "elements" namely the birds, butterflies, peonies and fruit.

Again, the more desirable pieces to collect were imported into this country prior to 1894 and do not have "made in China" on the back. The most recent importations are generally inferior to those of the mid-nineteenth century.

Rose Medallion porcelain was a great favorite in Baltimore, and while at the turn of the century it was often relegated to second position in the household china. It is now generally prized and has attained an heirloom status.

April 1988

Al Cousins



MAY SPECIAL

Come to the Lounge on May 21 at 7:15 P.M. for a special program, one that is completely different from anything we have had. The Handbell Choir of the Towson Presbyterian Church will present a program of popular and semi-popular music. Come, enjoy.

Helen Criley

CASUAL COMMENT

Broadway and 42nd Street have nothing on Broadmead for activity and sights. On April 1st watching my patio on several occasions over a two-hour period there was much to be seen. (Patio doors have tinted glass giving the effect of a one-way mirror so that the wild life was unaware of being spied upon.)

On the quiet side the waxy yellow bloom of the Lesser Celandine was out in force making a pot of gold under the pollarded willow tree; Mertensia was showing its pinkish purple buds; a Confederate Violet flaunted blue and gray petals and a few purple violets and johnny-jump-ups were in blossom; heads of the miniature daffodils swung in the breeze and small white grape hyacinths had appeared. The rather coarse leaves of the Hardy Amaryllis were up about a foot to die down in late spring and be replaced by the light purple "Naked Ladies" in the fall. The soft green of the Bibb lettuce had not yet attracted the attention of any lapin gourmets.

Visitors on the move included two stately, pacing mourning doves; a pair of grackles with black coats and iridescent heads; a robin swallowing a rosy pink earthworm and then busy scratching for another. The resident chipmunk shinnied up the birdfeeder pole several times always looking as though his short rusty colored pants would any moment slip down over his hips while he chased gold and house finches from the feeder. Two kinds of sparrows rummaged around and a cardinal and a downy woodpecker dropped in for brief inspections while titmice and chickadees kept darting in for one seed at a time.

Who says nothing ever happens at Broadmead?

THE WHILOM SWIMMING POOL

On the first plats of Broadmead this place was labeled "Swimming Pool" and originally it was designed as such. It was a round concrete basin with a wide walk around the perimeter. It is located just south of the stone springhouse and was fed by water from the spring. Incidentally, the water for the meadow gardens also comes from this spring and the constant overflow is discharged into Western Run.

The pool was built with descending concrete steps so that one could enter the water gradually. This is hard to imagine since one either had to take a desperate dive into the pool or stay out altogether. Howard Kettler says that the spring's constant supply of water is always at 54° - winter and summer - so that only a Polar Bear Club would be tempted to use the pool.

Since COLD water swimming had a singular lack of appeal to Broadmeaders many of whom would not even consider a heated pool, it was filled with earth and stones to within a few feet of the top to make a lily pond in which goldfish could flourish. Lilies and cattails (not bulrushes) were planted and some fish were torn from their families and decanted into the pond.

The cattails flourished but passing herons caught and ate most of the small fish. A few big colorful ones are still there. They have already survived several winters and are too big for the birds to swallow.

In other years some Residents have found the poolside to be a good place for a summer picnic. Try it sometime.

1b



LAUGH

We are indebted to the Baltimore County Senior Digest for these excerpts from an article titled "Discover Beneficial Humor in Unexpected Places." It was written by Albert Rosen, Ph.D.

"Several years ago Norman Cousins, well-known editor and writer, was hospitalized with a serious illness which is usually fatal. He believes that watching humorous movies played an important part in saving his life. After seeing, for example, some replays of 'Candid Camera,' he had a marked reduction in pain and was able to sleep for several hours, something he had not been able to do previously.

"Other professionals in the mental health field agree with Cousins that laughter is therapeutic, producing relaxation, more positive

self-attitudes and improved interpersonal relations. In fact, some theories have been advanced to explain this phenomenon as based on changes in endorphin levels in the brain.

"Although we do not as yet have solid research findings to support this notion, everyday observations and clinical experiences do tend to confirm it. We need not wait until we are ill; laughter can be beneficial in everyday life.

"In what ways can we improve the quality of our lives through laughter? Surprisingly, the ways are simple and achievable by all. Medicine does not have to taste bad to be effective. Here are some examples of simple ways to promote humor and laughter:

"1. Look for the humorous aspects of serious matters. Many situations are not laughable, but once you are challenged you will probably be pleasantly surprised at the number which are.

2. Seek out experiences to which you can react with hearty laughter. These can be movies, plays, musicals, skits, political satire, books, cartoons, comics. Note whether or not you feel more positively toward yourself and others afterward and for how long. Why not make a point of including in your schedule some time each week for this kind of entertainment? Even if you are very busy, make laughter a high priority item.

3. Interact with people who like to laugh and who have a positive attitude. Laughter is infectious - let yourself go with other good laughers.

4. Look at your life style. Are you tense and serious most of the time, or feeling driven? Or worse, are you feeling sad or depressed often? Or unfulfilled, insignificant? All the more reason for you to try the suggestions above, although you will have to push yourself to do so.

"I hope that you will take these suggestions very seriously."

(Reprinted from United Seniors Health Report, January/February, 1988, Washington, D.C. 20005)



The Bradford Pears on campus (and elsewhere) have been magnificent this spring and our forsythia seemed better than ever.



Intermission

Excuse

Me one brief moment from the news.
 Let hostages and terrorists,
 Flood, fire, chicanery and chaos
 Give way to this . . .
 A time to stand beneath the wild plum tree
 And, looking upward
 Through the springtime filigree
 Of lyric leaf and flower,
 Celebrate the pure delight
 In skies as blue, perhaps,
 As earth's first day.
 Then, listening, hear
 The clear
 Uncomplicated joy of one song sparrow
 Invisible but vocal
 In the leaves.
 Withhold all else until the heart receives
 The overflowing cup,
 This blessed time . . .
 This moment, looking up.

Helen Mitchel
 Van Nuys, Calif.

Picture and verse suggested by Nancy Rowe



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